

## EITZ CHAYIM HALACHAGRAM & SHOPPING GUIDE -- PESACH 5780/2020

The following was prepared to help ease the challenge of preparing for Pesach. In light of the current health crisis, I have relied on certain leniencies that did not appear in prior additions of the Pesach halachagram. **Product information can be found on pages 5 through 12.** Feel free to contact me with any questions by phone (516-398-4197) or email (rabbi@ecdp.info). *Chag kasher v'sameach.*

**I. Shabbos Hagadol** – On the Shabbos before Pesach we read a special *haftorah* (*Malachi* 3:2-24) and a special *derasha* is given.

**II. Fast of the Firstborn** – The fast takes place on *Erev Pesach* (April 8). It begins at **5:01am**. If you have any virus symptoms, you may not fast. For those without symptoms, we will be making a *siyum* at 8:30am by zoom video and audio, which will allow firstborn (and fathers of firstborn under the age of 13) to be relieved of their obligation to fast.

**III. Bedikas Chometz (the search for chometz)** – is performed the night before *Pesach* after nightfall (*i.e.*, **Tuesday, April 7th**, immediately **after tzeis hakochavim, 8:10pm**). Recite the *beracha* “*ol biur chometz*” prior to the search, and without interruption search for *chometz* using a single wicked candle (and if necessary a flashlight to supplement the candle), a feather and wooden spoon throughout the house except in places where you’re storing *chometz* that will be sold. After the search is over say *kol chamira* for all unknown *chometz*, and repeat in English if you did not understand that you are nullifying and declaring *hefker* (ownerless) all *chometz* in your possession. All *chometz* that you will be eating the next morning (the *chometz* of which you are aware) should be put aside in a safe place.

**A. Places which need to be searched** – Places where *chometz* is not brought during the year need not be searched. Of course, if you have little children, *chometz* can be anywhere. One need not clean behind the fridge and oven, unless that area is used during the year. Those who are strict and clean everywhere, *harei zeh meshubach*. Dispose vacuum/garbage bags, and clean your cars and offices at work. The custom is not to use *bentchers* from the year on *Pesach*.

**B. If you are going away for all of Pesach**, there are two options with respect to your house:

1. clean your entire house, and do the *bedika* the night before you leave without reciting the *beracha* (unless you are still home the night before Pesach, in which case a *beracha* is recited); or

2. you may sell your *chometz* and rent your entire house to the non-Jew, in which case, you need not clean your home for *Pesach*. In that event, it is recommended that one room not be rented so that a search can be made in that room the night before you leave without a *beracha*. In any event, a *bedika* should be performed on the night before *Pesach* with a *bracha* wherever you are, provided that you’ve rented the room where you are staying.

**IV. Mechiras Chometz (Selling Chometz)** – Don’t forget to sell *chometz* in your children’s dormitories. Even if you believe that you do not have any *chometz* in your possession, it is recommended that you sell your *chometz* because there are many items which contain *chometz* concerning which one may not be aware. Place all *chometz* in designated cabinets and seal them. **During the entire Pesach, the designated cabinets should not be opened, and no items in the designated areas should be used.** If you are going away for *Pesach*, you must indicate where a key is available so that the gentile can pick up their *chometz* should they so desire on *Pesach*. Please let me know if you are traveling to a different time zone for *Pesach*. Please allow 30 minutes after *Pesach* so that *chometz* can be repurchased.

**V. *Biur and Bittul Chometz* – Burning and Nullifying your *Chometz***

Before *Pesach*, we both nullify and destroy the *chometz* that may be in our possession.

**A. *Biur*** – There will be no burning of *chometz* this year. Please leave over only an olive size of *chometz* and flush it down the toilet by the end of the fifth hour on the morning of *erev Pesach*. This year, all *chometz* should **be destroyed on Wednesday morning, April 8, by 11:51am (GRA).**

**B. *Bitul*** – We recite the morning *kol chamira* after we destroy our last piece of *chometz* that we are not selling to the gentile. The morning *bitul* nullifies all *chometz*, both known and unknown.

**C. The last time to eat *chometz* in West Hempstead is 10:46am (GRA) on Wednesday, April 8th.**

**D. If one finds *chometz* in their home on *Pesach*,** you should place it in the cabinet where your sold *chometz* is located (unless it is found on *Yom Tov* or *Shabbos*, in which case it should be covered and then placed in the cabinet upon the conclusion of *Shabbos* or *Yom Tov*.)

**VI. *Kashering for Pesach*** – These laws have been compiled based on the opinions of *poskim* for the various *kashrus* organizations and attempt to incorporate Rabbi Kelemer's recommendations. Although kasherable kitchen items, dishes and silverware (see below) that one plans to use on *Pesach* may be kashered anytime until 11:51am on April 8th, **it is highly recommended that kashering be completed by Tuesday night.**

**Types of kashering** – 1) *leebun* (burning out), 2) *hagala* (dropping in boiling water), and 3) *eerui mayim rotchin* (after 2 and 3 always pour some cold water on the object kashered).

**A. Kasherable materials** – metal, stone and wood. Generally, Ashkenazim do not *kasher* any other materials on *Pesach*, even though they can be *kashered* during the year. **However, in light of the current health situation, kashering plastic is acceptable. Glass Utensils that come into contact with heat (including Arcolac, Pyrex, Duralex & Corelle) cannot be kashered for *Pesach*.**

**B. Unkasherable Utensils** – any utensil which was used for *chometz* and cannot be cleaned properly is not *kasherable* for *Pesach*. (e.g., sieve, strainer, grater, mixers, some silverware)

**C. Ovens – Self cleaning ovens** are automatically kashered for *Pesach* by putting them through the self cleaning cycle (check to see that the door gets cleaned; if it does not, clean it as you would a regular oven and then run the oven through the self cleaning cycle). **Continuous cleaning and regular electric and gas ovens** are not automatically kashered. Before kashering, every part of ranges and ovens must be thoroughly scraped and cleaned (use Easy Off). Because the racks and grates usually cannot be thoroughly cleaned, one can either blowtorch them, or line the **racks and grates** on both sides with heavy duty aluminum foil (with perforations for air circulation). After the oven is cleaned, it should be burned at maximum temperature for at least two hours. **The broiler** cannot be kashered by just turning on the gas or electricity to the broil setting, therefore, it is preferable not to use it on *Pesach* (but it should be cleaned).

**D. Stove Top** -- According to some authorities, the **cast iron or metal grates** on which pots sit may be inserted into the oven for kashering after they have been cleaned (if you have a self-cleaning oven, you can place the grate in the oven without cleaning it) [Some people still have a custom to cover the prongs]. If you don't want to put grates in the oven, you can kasher them by placing a large pot with water separately on top of each grate and turn the fire on to the highest setting for 20 minutes. Be careful not to burn the top of the range during this process. In an **electric range**, one need only turn the burners to high until they come to a red glow (20 minutes) to kasher them. The rest of the **range top** should be covered with heavy duty aluminum foil to prevent contact with food. The drip pans need not be kashered, but they should be thoroughly cleaned and covered with aluminum foil. Kashering a **Glass, Corning, Halogen or Ceran** electric range top

for Pesach is complex. The elements of the stove can be turned on until they come to a glow. The **burner areas** are now Kosher for Pesach. However, because the unheated area of glasstop ranges may not be able to be covered with foil like conventional tops because of a risk that the glass cooktop will shatter, kashering the stove top presents a serious problem. Rabbi Kelemer believes that the remaining area of the glass top can be kashered by pouring boiling water on every area of the top. To avoid cracking the glass top, before pouring the boiling water, place a small amount of cold water on the glass top, and turn the burners on for 5 minutes (then pour boiling water onto the entire surface of the range top). Please call me if you have questions. If pouring boiling water on the glass range is not feasible, trivets should be used so that pots do not come into contact with the glass top on Pesach. **Microwave ovens**, that are made from stainless steel or plastic can be kashered by thoroughly cleaning the oven, filling up a large container of water and bringing it to a boil in the oven so that a mist develops (approximately 10 minutes will do this) and repeating the process a second time with the container in a different location in the microwave. The glass tray cannot be kashered (it should be covered with saran rap or removed).

**E. Refrigerator and Freezers** should be thoroughly cleaned. No lining is needed.

**F. Countertops** – If made of **smooth wood or granite**, they can be kashered by cleaning them thoroughly and then pouring boiling pots of water on the entire surface of the counter, after not placing anything hot on the counter for 24 hours. **Steamers** generally cannot be used for kashering. **Formica and plastic** can also be kashered the same way this year, but be careful regarding the hot water destroying your counters. Others cover their counters with material that will not rip over Pesach.

**G. Sinks** – **Stainless steel sinks** can be kashered by cleaning them out thoroughly, not using the sink for 24 hours, and then pouring boiling hot water on the entire surface of the sink, including the drain, handles and spout. **China and porcelain sinks** cannot be kashered. They should be completely lined with appropriate material, and dishes should be washed in a *Pesach* dish pan, and placed in a *Pesach* dish rack. **Stainless steel garbage disposals** can be kashered like sinks, with the following additions. The garbage disposal drain cover should be thoroughly cleaned, not used for 24 hours and dropped into a pot of boiling water (rolling boil), and after kashering the disposal, some cleaning solution should be poured down the drain to spoil any chometz in the disposal.

**H. Tables** – should be covered and/or lined with two coverings.

**I. Utensils** – To kasher them, place utensils, which were thoroughly cleaned of all rust, *etc.* and unused for previous 24 hours, in a boiling pot of water, which was not used for the previous 24 hours. When the water reaches a rolling boil, drop in utensils one at a time. Utensils should not be dropped in until the water has returned to a rolling boil. The kashered utensils should subsequently be rinsed with cold water. A **non-Kosher for Pesach pot** may be used for kashering, provided that it is thoroughly clean and has not been used for twenty-four (24) hours.

**J. Warming drawers and electric hot plates** – can be used by removing all stains, turning the warming drawer to its highest temperature for two hours, and covering completely with heavy duty aluminum foil.

**K. Instant hot devices and the hot spigot on a water cooler** – should be kashered by thoroughly cleaning, not using for 24 hours and then running the hot water from the spigot for one minute. Some pour boiling water over the spigot.

**L. Stainless steel and plastic dishwashers** – may be kashered following these steps: (1) remove the racks; (2) run the dishwasher through one cycle and inspect the dishwasher to make sure there are no food particles inside; (3) do not use for 24 hours; (4) run the dishwasher through another cycle with the racks. Although normally racks need to be replaced for Pesach use, if you do not

have Pesach racks, you may kasher the racks with the dishwasher provided the racks are clean.

**M. Water Urns** that are made of uncoated metal or plastic **that have not been used to warm challah** may be kashered by filling up the urn to the top and turning on the spout with the heated water for 15 seconds. A Keurig machine can be kashered by cleaning the coffee maker and do not use for 24 hours, remove the K-cup holder and pour boiling water over K-cup holder, and then run a KP K-cup in the machine.

## VII. Schedule of some things to remember

### A. Tuesday April 7

**8:10pm** Perform *bedikos chometz*. Once this time arrives, one must desist from any work unrelated to Pesach cleaning. [See Point III above.]

### B. Wed. April 8

**8:30am** *Siyum* for *bechorim*

**10:46am** Last time to eat *chometz*

**11:51am** Last time to burn and handle *chometz* (recite second *bittul*)

**Checklist for seder** Please note that one is prohibited from eating baked and fried *matzah* products on *erev Pesach* (boiled *matzah* meal and *shnitzel* are allowed). Snacking is permitted. Roast shankbone and egg, chop horseradish and *charoses*, potatoes for *karpas*, check lettuce for bugs, prepare red wine, and make salt water.

**6:50pm** *Zoom Mincha/Dvar Torah*

**12:56am** *Chatzos* (*Afikomin* and *hallel* should be completed by this time.)

## VIII. Some Basic Seder Laws

**A. Start as early after nightfall as possible --** On the first night, all preparations should be completed before *Yom Tov* so that the *seder* can start as soon as everyone is back from *shul*. On the second night, all *seder* preparations must wait until after 8:18pm.

**B. Four cups of wine --** One must drink at least “*rov kos*” (more than half of the cup of wine) for each of the 4 cups. There is a difference of opinion as to whether grape juice can be used to fulfill this obligation. Therefore, wine should be used if possible (the wine may be diluted by grape juice). Most have the custom to use wine that is colored red. If one enjoys white wine, red wine can be added to it, but this should be done before *Yom Tov*.

**C. Retelling the exodus story --** Men and women are obligated to retell the story of the Exodus. Minimally, besides fulfilling the special *mitzvos* of the evening, one must recite the section beginning “*Rabban Gamliel said . . . Three things must be mentioned. . .*”

**D. Maror --** There are different customs concerning the vegetable to be used for *Maror*. If you use romaine lettuce without a *hashgacha*, check leaf by leaf for bugs.

### E. Shiurim of the Mitzvos HaPesach (based on Rav Moshe Feinstein zt”l)

**1. Four Cups of Wine --** 2.9 oz. cup (drink more than half while reclining left). A minimum of 4.5 oz cup should be used for *kiddush* when the *seder* is on Friday night.

**2. Matza --** For **Matza and Afikomin** 7' x 6 and a 1/4 (approx. 1/2 hand *shmura*, \_ machine *shmura*) [those who have trouble eating this much can eat, 1/2 respectively; for **Koreich** – 7' x 4' (approx. 1/4 hand *shmura*, \_ machine). Eat while reclining left.

**3. Maror --** horseradish (1.1 ounces for *maror*; .7 for *koreich*); romaine lettuce (8' x 10' with the leaf, 3' x 5' with stalk) [many assume that this is a large estimate of the *shiur* of a *k'zayis*] [**This piece of paper is 8½' by 11'**]

**F. Charoses --** represents both mortar and blood. It should therefore be brought to the

table in its traditional thick form, and then be loosened with the addition of red wine (so that it reminds us of the blood) right before the Maror is dipped into it.

**G. The Meal --** is part of the *seder* and part of our praise of *Hashem*. This should be reflected in the conversation at the meal. The custom is not to eat roasted meat at the seder (*i.e.*, meat lacking some liquid or sauce). ***Afikomin* should be eaten by 12:56am.**

**H. After the seder,** we do not eat to allow the taste of *Matzah* to remain in our mouths.

**IX. Product Information** – call me with any questions you might have. The general rule is that only food, and non-food items that are liquid, are a real *chometz* problem, but those who are strict and desire to learn further information, *harei zeh meshubach*.

<b><i>Air Freshener:</i></b>	Does not require Pesach Supervision.
<b><i>Alcohol:</i></b>	Any isopropyl or synthetic alcohol can be used without supervision.
<b><i>Aluminum Foil/ Pans:</i></b>	Does not require Pesach Supervision.
<b><i>Ammonia:</i></b>	Does not require Pesach Supervision.
<b><i>Artificial Sweeteners:</i></b>	The following brands may be used: Pure Aspartame (not Equal), Kojel Kosher L' Pesach Sweet N' Good, Leiber's Kosher L'Pesach Sugar Substitute, Sweet N' Low with OUP, Gefen OUP, Kojel OUP, V.I.P. Master OUP. <b>Splenda contains <i>chometz</i> and may not be used (commercial Splenda is ok, but it is not available to consumers.</b>
<b><i>Baby Foods:</i></b>	<b><i>Formula</i></b> - Similac Lemhadrin with a KP. Enfamil, Prosobee, Carnation, Isomil, and Similac may be used without special Pesach supervision, <b>but contain kitniyos and, therefore, must be used in separate utensils and may not be washed in a Kosher for Pesach sink. It is preferable to buy all formulas before Pesach as they contain traces of ascorbic acid (which may be <i>chometz</i>).</b>
<b><i>Jars -</i></b>	Require Pesach Supervision. <b>Gerbers carrot, squash are OK with an OU without a "P"</b>
<b><i>Cereals -</i></b>	Even rice cereals must be considered <i>chometz</i> without Pesach supervision.
<b><i>Almond Milk</i></b>	Frequently use <i>chometz</i> ingredients in their flavorings. Almond Breeze Original with an OU (refrigerated version) does not contain <i>kitniyot</i> or <i>chometz</i> . The following OU certified almond milk products may be used in the "original" variety for <b>infirm and children</b> who need an alternative to standard milk on Pesach: AlmondSense, Almond Breeze Original, FredMeyer, Friendly Farms, King Soopers, Kroger, Laura Lynn, Market Basket, Price Chopper, Nature's Place, Ralphs Roundy's, Shop Rite, Tree Of Life. <b>They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.</b>
<b><i>Rice Milk</i></b>	Frequently use <i>chometz</i> ingredients in their flavorings. The following rice milk with an OU may be used for <b>infirm and children</b> who need an alternative to standard milk on Pesach: <b>Harris Teeter, Full Circle, Hy-Vee, Market Basket Enriched, Meijer, Nature's Place, Nature's Promise Enriched, Price Chopper Enriched, Shop Rite. They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.</b>
<b><i>Soy Milk</i></b>	Frequently use <i>chometz</i> ingredients in their flavorings. The following

soy milk may be used for **infirm and children** who need an alternative to standard milk on Pesach with an OU: **365 Everyday Value (Original, Light and Unsweetened), Fit & Active, Fresh & Easy Soysense, Giant, Harvest Farms, Hy-Vee, Meijer, Nature's Place, Shop Rite, and Stop & Shop.** They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.

- Baby oil, lotions, ointments:** Do not require Pesach Supervision.
- Baby Powder:** Does not require Pesach supervision
- Baby Wipes:** Do not require KP as long as ingredients do not include alcohol.
- Baking Powder:** Requires Pesach Supervision.
- Baking Soda:** Does not require Pesach Supervision.
- Bleach:** Does not require Pesach Supervision.
- Bottled Water:** Any fresh, unflavored spring water without additives does not require Pesach Supervision.
- Candy:** Requires Pesach Supervision. Elite products must have an OUP.
- Chapstick:** May be used on Chol HaMoed only if unflavored. Blistex may be used as well. Classics Strawberry, Moisturizer, Overnight, Ultra Moisture Gel, Ultra Spf 30 are OK.
- Chia Flour:** Requires KP
- Chia Seeds:** OK if raw with no additives
- Cocoa:** Any 100% pure cocoa (no additives or lecithin), unless Special Dark or made in Europe.
- Coconut Flour:** Requires KP. Coconut Secrets is ok without KP.
- Coffee:** **Instant:** Requires Pesach supervision, except referenced below.
- Regular:** All regular ground coffees with the OU may be used on Pesach without special Pesach Supervision, with the exception of Nescafe Instant Coffee. Folgers and Nescafe-Taster's Choice (House Blend & French Roast) are ok. Coffee filters do not need special supervision. Chickory Coffee requires special Pesach supervision, except for Ellis, Hena and White House.
- Decafin.:** Requires KP. Sanka has special Pesach Supervision. Starbucks Flavorlock and Regular coffee have an OUP, but one may not buy fresh coffee from Starbucks on Pesach.
- Flavored:** Requires Pesach Supervision. Most brands are not kosher for Pesach.
- Postum (Coffee Substitute) - Contains chometz.**
- Singles:** Require Pesach supervision. However, K-Cup coffees and teas that are not decaffeinated and not flavored are OK without KP. The Keurig machine may not be used on YT or Shabbos.
- Cookies:** Require Pesach supervision.
- Dates:** Require Pesach supervision.
- Dental floss:** Any unflavored
- Dishwashing Detergent:** All are OK. However, brands that have been checked to have no *chometz* are Dawn, Dove, Ivory, Joy, and Palmolive liquids.
- Elite Candies:** Must have an OUP. Not all Elite products are certified by the OU, such as those that contain gelatin. Elite products sold in Eretz Yisrael are not OU certified.
- Eggs:** Do not require Pesach supervision, but should be purchased b/4 Pesach.

Liquid eggs requires KP.

**Fish:** **Frozen, Unprocessed** - Does not require special KP Supervision (if no added ingredients other than salt). Individual vacuum-packed frozen salmon pieces require KP.

**Frozen, Processed (including gefilte fish)** - Requires Pesach supervision. **Kirkland** Frozen Wild Salmon is acceptable after washing it off, while the Kirkland Atlantic (Farm Raised) Salmon is acceptable with OU. Kof-K frozen fish from Chile are ok.

**Fresh:** Does not require special Pesach Supervision, but should be washed in cold water before use.

**Tuna:** Requires Pesach Supervision.

**Fruit:** **Frozen:** whole or sliced, without additives with no syrup - does not require KP. It may contain sugar, but if it contains other sweeteners, requires KP.

**Canned:** Requires Pesach Supervision even if packed in its own juice.

**Fresh:** Wax on whole, unpeeled produce may contain kitniyos, but is *batel* and not a problem. Cut-up or peeled produce requires Pesach Supervision as citric acid may be used to prevent browning.

**Dried:** Requires Pesach Supervision (*kitniyos* oils and *chometz* flour may be used to prevent sticking). Sunsweet with Triangle KP are OK. Some brands with plain OU may be Ok, but it needs to be checked.

**Garlic:** Fresh does not require Pesach supervision. Peeled requires KP.

**Glue:** Any inedible glue is OK

**Grains:** Most are *chometz* or *kitniyos* and should be disposed of or sold even if they have not been converted into flour. **Flax, hemp and quinoa** are not *chometz*. Please note that quinoa pasta is not under any supervision and should not be used.

**Halvah:** May appear with a Kosher for Passover seal, but is not KP for *Ashkenazim* as it contains corn syrup

**Honey:** Must have Pesach Supervision, as corn syrup is added to many brands.

**Ice:** Bags from plain water do not require Pesach Supervision.

**Juice:** **Frozen:** 100% pure orange or grapefruit concentrate without sweeteners, additives, enrichments (*e.g.* Calcium) or Vitamin C (Ascorbic Acid), Citric Acid or preservatives does not need Pesach Supervision. All other juices require supervision as enzymes are used in processing.

**Liquid:** Requires Pesach Supervision.

**Lemon/Lime:** ReaLemon and ReaLime are OK without special Pesach Supervision. (Liquid only -not frozen)

**Grape:** Requires Pesach Supervision. Please note that Kedem grape juice sold in the 1.5 liter glass bottles may not be *mevushal*.

**Kitniyos:** Due to the stringency of not eating *chometz* on Pesach, *Ashkenazic* Jews customarily do not eat *Kitniyos* (legumes) on Pesach. *Kitniyos* includes beans, rice, green beans, peas, millet, corn, mustard, lentils, and lecithin and derivatives of those products (according to many authorities). Other products that may be classified as *kitniyos* include: Anise, Ascorbic Acid (may be *chometz*), Aspartame (Nutrasweet), Buckwheat, Canola Oil, Caraway, Citric Acid (may be *chometz*), Chickpeas, Coriander, Corn Syrup, Dextrose, Fennel, Fenugreek, Flax seeds, Hemp, Hydrolyzed Vegetable Oil, Kasha, Kimmel, Licorice,

Lucerne, Lupine, Maltodextrins (*chometz* or *kitniyos* derived), MSG, Peanuts, Polysorbates (may be *chometz*), Poppy Seeds, Saffron, Sesame Seeds, Sodium Citrate (may be *chometz*), Sodium Erythorbate (may be *chometz*), Sorbitol (may be *chometz* if outside the U.S.), Sunflower Seeds, Vetch, Vetching, and Xanthan gum (may be *chometz*). Many *kitniyos* products on the market certified as Kosher, especially from France and other European countries, are on the market. These *kitniyos* products are often in the form of candy. Many of these products will say “*LeOchlay Kitniyos.*” Joyva products may say “Kosher for Passover, but are not acceptable for Ashkenazim as they contain *kitniyos*.”

**Laundry Detergent:**

Does not require Pesach Supervision.

**Matzah:**

**Regular:** Requires Pesach Supervision. All Streit’s products with KP are fine.

**Egg Matzah:** Matzot made with fruit juice or eggs, which include “Kosher for Pesach” Egg Matzot, egg Matzoh crackers, may not be eaten on Pesach by healthy Ashkenazim. Even the sick and elderly cannot fulfill their obligation at the *seder* with these *matzot*. “Mediterranean” - Manischewitz / Horowitz - Margareten will be selling “Mediterranean” matzot (oil and spice flavored). These matzot are ok, and not *Matzah Ashirah*.

**GrapeMatzah** sold by Manischewitz, follows the same *halachot* as egg matzah. Manischewitz sells Passover Tam Tam crackers that are also made from egg flour dough and must be treated accordingly. Matzah sticks and matzah crackers by Kedem are ordinary matzah products and can be eaten by all.

**Spelt:** If needed, spelt *shemurah* is available at kosher markets..

**Oat:**

If needed, hand oat *shemurah* can be purchased at kosher markets. Poskim question whether such matzot can be used to fulfill the mitzvah of matzah on the first two nights of Pesach.

**Margarine:**

Requires Pesach Supervision.

**Meat:**

**Fresh:**

Does not require special KP (unless ground, processed or coated).

**Frozen:**

Does not require special Pesach Supervision.

**Medicines:**

**Pills:** **Medicines in pill, tablet or capsule form are permitted even if they contain *chometz* derivatives because the *chometz* content is completely inedible.** Claritin, Clarinex RediTabs and Lactaid Tablets contain *chometz*, but may be used if no substitute is available.

**Chewables:**

The following chewables should be avoided: Chewable Lactaid Pills, Bayer chewables, Claritin (Children’s Chewable), Gas-X tablets, Lactaid chewable, Pepto Bismol tablets. Most TUMS products are acceptable with the exception of Smoothie Cocoa and Crème.

**Liquid:**

The major area of concern is flavored liquid medications. Call me if you have any questions about specific medications. **Flavored cold and cough syrups and elixirs must be checked. Advil Children’s Liquid, Comtrex liquids, Maalox, Nutrilite products, Orabase B Gel, Pepto Bismol and Kaopectate** products may contain *chometz* and should not be used. The following are OK: Anbesol, Delsym, DM,

Gaviscon, Mylanta, Roloids, Temptra, Tylenol products, Vicks Nyquil and Dayquil Cold/Flu. Laxatives should be checked as *many* are unacceptable. Unflavored Miralax and generic equivalents are OK. Dramamine (chewable), Triaminic Fever Reducers and Powdered Metamucil contain kitniyos and may be taken, but should be kept separate from Pesach utensils.

- Milk:** *Fresh* – If purchased before Pesach, does not require special Pesach supervision.  
*Lactaid* - Can be purchased before Pesach for those with Lactose intolerance. Lactaid pills (according to some authorities) and drops may not be used on Pesach. Lactaid pills may be used if no substitute is available.  
*Powdered* - Powdered milk with an OU-D may be purchased prior to Passover and used on Passover.
- Milk Substitutes:** *See Baby Foods above. Almond Breeze Original, Rice Dream Classic Original, Soy Dream Original Enriched kept separate from Pesach products. Other brands are listed by baby foods above.*
- Mouthwash:** All major brands, except Flourigard and Prevident Mouthrinse. Listerine Pocketpaks aren't recommended (but ok during the year with Kof-K).
- Mustard:** Actual mustard is not used because its seed grows like *kitniyos*. There are substitutes with a P on the market.
- Nutritional supplements:** The elderly or ill, who must take nutritional supplements should use supplements that do not contain chometz (even if they have kitniyos). The following products are not chometz (but contain kitniyos) and may be taken by those who need for health purposes, but not for an additional nutritional "boost": Abound, Arginaid, Arginaid Extra, Benecalorie, Beneprotein, Boost Glucose Control, Boost High Protein, Boost Nutritional Pudding, Boost Plus, Diabetishield, Diabetisource Ac, Enfamil Human Milk, Fortifier Powder, Enlive, Ensure (various products), Fibersource Hn, Glucerna (various), Isosource, Isosource Hn With Fiber, Jevity (various), Nepro (various), Novasource Renal Nutren (Product Line), Osmolite (various), Perative, Portagen, Promote (Except Promote With Fiber), Pulmocare, Resource Diabetic (Nestle Nutrition), Resource (various), Thick & Easy (various), Thick-It (various), Vital, Vivonex (various)
- Nuts:** Must be free of added preservatives and other additives. Note: products coated or sprayed with BHT or BHA should not be used on Pesach. Raw Whole, Chopped or Ground Nuts (e.g. Walnuts, Almonds, etc.) without added preservatives or other additives such as BHT or BHA, are approved for Passover. Note: Midget Pecans & Pecan Pieces require a reliable KFP certification.
- Oils:** Cottonseed oil, grapeseed, peanut and safflower oil may be used with Pesach supervision.
- Olive Oil:** Any brand of Extra Virgin Olive Oil may be used without special KP.
- Oven cleaner:** Does not require Pesach Supervision
- Paper Goods:** Do not require Pesach Supervision (including plastic, styrofoam and paper).

<b>Paper Towels:</b>	Do not require Pesach supervision
<b>Pet Food:</b>	Pets may be fed <i>kitniyos</i> , but not <i>chometz</i> , and many pet foods contain <i>chometz</i> . Almost all dry pet foods, list wheat or oats as their first ingredient. Also be aware that during the year, one is not permitted to feed pets foods that contain mixtures of meat (not chicken) and milk. Please check with your veterinarian before changing your pet's diet. The following links list pet foods that don't contain forbidden milk and meat mixtures or <i>chometz</i> : <a href="http://www.star-k.org/kashrus/kk-passover-petfood.htm">http://www.star-k.org/kashrus/kk-passover-petfood.htm</a> <a href="http://www.kashrut.com/Passover/pdf/crc_passover_2012_pets.pdf">http://www.kashrut.com/Passover/pdf/crc_passover_2012_pets.pdf</a>
<b>Bird foods</b>	Millet, sorghum, wild bird food (check for <i>chometz</i> ingredients). Peanuts, sunflower seeds and safflower seeds can also be given. Larger birds, such as parrots, can also eat pure alfalfa pellets or certain dry dog foods. Oyster shells can be provided for minerals.
<b>Cat food:</b>	various flavors of <i>Friskies</i> , <i>Prescription Diet &amp; Science Diet</i> are OK. Call me to check out specifics.
<b>Dog food:</b>	various flavors of <i>Mighty Dog</i> , <i>IAMS</i> , <i>Prescription Diet</i> , and <i>Science Diet</i> are OK. Call me to check out specifics.
<b>Fish Food (fresh water)</b>	- additive free freeze dried worms, Krill (frozen w/o additives)
<b>Fish Food (salt water)</b>	- frozen brine shrimp, Krill (frozen without additives), Tetra Deuca bloodworms
<b>Hampsters</b>	- pure alfalfa pellets, dried alfalfa. Fruits and vegetables may be possible.
<b>Play Doh:</b>	Contains <i>chometz</i> and should be sold.
<b>Pickles:</b>	Require Pesach supervision.
<b>Purell:</b>	Although there is a debate concerning whether hand sanitizer with alcohol is ok, if you cannot find sanitizer without alcohol, all sanitizers may be used even if alcohol is listed.
<b>Quinoa:</b>	Requires KP.
<b>Quinoa Pasta:</b>	May be manufactured on same machines as pasta and should not be used.
<b>Raisins:</b>	Require Pesach Supervision because they may be sprayed with <i>kitniyos</i> . Del Monte (natural and golden), and Dole are OK even without special <i>Pesach</i> label. Sun Maid with Triangle KP are OK.
<b>Rice:</b>	May only be eaten by Sephardim. Carolina, Giant, Emperor, Mahatma, Riviana and Success are acceptable brands ( <b>only without additives</b> ) but they should be checked for other grains before using.
<b>Roach Traps:</b>	Combat Roach Killing System, d-Con Rat and Mouse baits and Black Flag Roach Ender contain <i>chometz</i> . Raid ant and roach baits are <i>kitniyos</i> and do not have to be put away. All insecticide sprays are OK.
<b>Rubber Bands:</b>	Orthodontic rubber bands may be coated with powder. If so, they should be rinsed before Pesach.
<b>Rubbing Alcohol:</b>	Any isopropyl or synthetic (acetyl, lanolin, benzyl and methyl) are OK.
<b>Salads:</b>	May be coated with citric acid and should have KP supervision. Dole Pre-washed Salads (Star-K Certified) do not require special KP Supervision. Fresh Express requires an OKP. OU certified peeled carrots do not require an OUP (but many assume that other peeled

		carrots do). Bodek products with an OU do not require special Pesach Supervision if none of the vegetables are kitniyos ( <i>e.g.</i> , peas). Salad bags that are <b>preservative free</b> may be used without KP supervision.
<b>Salt:</b>		Non-iodized, without dextrose or polysorbates, does not require KP. Sea salt does not require KP. No salt substitutes are available.
<b>Scouring pads:</b>		Do not require Pesach Supervision
<b>Seltzer:</b>	<b>Flavored:</b>	Requires Pesach Supervision. Vintage Triangle KP is OK.
	<b>Unflavored:</b>	Does not require Pesach Supervision
<b>Silver Polish:</b>		Non-liquid, does not require Pesach supervision. Hagerty, Rokeach, Starco, and Weiman are OK.
<b>Soda:</b>		Requires Pesach supervision, <i>e.g.</i> , <i>Coca-Cola</i> , <i>Sprite</i> , <i>Seagram's Ginger Ale</i> (with OUP); <i>Pepsi</i> (with OKP); <i>Dr. Brown's</i> (with KP); <i>R.C. Cola</i> (with OUP).
<b>Spices:</b>		Require Pesach Supervision.
<b>Sugar:</b>	<b>White:</b>	All pure, granulated corn sugar w/o dextrose - doesn't require KP.
	<b>Brown:</b>	Domino Regular (even without OKP) and Brownulated with OKP, and Jack Frost are OK. All OU certified made in US even without P.
	<b>Confectioner:</b>	Requires Pesach supervision
	<b>Vanilla:</b>	Requires Pesach supervision
<b>Tablecloths:</b>		Some have recommended that vinyl tablecloths not be used on Pesach because they are coated with powder.
<b>Teas:</b>	<b>Unflavored, regular</b>	- Does not require Pesach Supervision.
	<b>Decaff.:</b>	Requires Pesach Supervision. Most brands are not acceptable. Sweet-Touch-Nee (97% decaffeinated) and Lipton Decaffeinated are OK even without special Pesach supervision.
	<b>Flavored:</b>	Requires Pesach Supervision
	<b>Instant:</b>	Nestea regular and decaffeinated without sweetener may be used without Pesach symbol.
	<b>Singles:</b>	See coffee singles
<b>Toiletries:</b>		Cosmetics and toiletries which are inedible and not put in the mouth do not need Passover Supervision. According to many authorities, this includes deodorants, shampoos and most cosmetics. With respect to perfumes, there is a split in authority and therefore I recommend that perfumes with grain alcohol not be used on Pesach. Some say that flavored lipsticks and lipsticks with wheat products in the ingredients should not be used, while others disagree.
<b>Toothpaste:</b>		All major brands, with the exception of Crest, are acceptable.
<b>Vegetables:</b>	<b>Frozen:</b>	Requires Pesach Supervision as the same equipment may be used during the year to make pasta products.
	<b>Canned:</b>	Requires Pesach Supervision.
	<b>Fresh-uncut:</b>	Does not require Pesach Supervision, but should be rinsed before use. Most bagged vegetables require such as pre-washed lettuce, baby carrots, shredded carrots, shredded cabbage, raw cole slaw mix are ok if no additives, but should be purchased before Pesach. Dole and Fresh Express bagged salads require KP

***Vitamins:*** Should be checked with Rabbi Schwalb. Freeda and Hoffman-Larouche produce vitamins with Pesach Supervision. Maxi Health prenatal caps are OK with the chometz free sticker.

***Water:*** All are ok, provided it does not list calcium citrate as an ingredient

***Wax for braces:*** Does not require Pesach Supervision.

***Wine:*** Requires Pesach Supervision (some contain corn syrup (kitniyos).

***Xylitol granules:*** With OU, is Kosher for Passover

***Yogurt:*** Requires Pesach Supervision. Be careful of Israeli products which contain kitniyos.